

Amendments to the Claims:

1. (Currently Amended) A ~~concrete shoring apparatus~~ ~~reduced friction coupling for reducing the force required to change the distance of separation of a shoring post, wherein the shoring post includes a lower supporting member, an upper supported member, and a threaded nut received on the supporting member and which supports the supported member, comprising:~~
 - (a) ~~a shoring post comprised of a lower supporting member, an upper supported member, and a threaded nut received on the supporting member and which supports the supported member; and~~
 - (b) ~~a reduced friction coupling for reducing the force required to change the distance of separation of the shoring post comprising a first annular ring member comprised of a polymeric material received about the supporting member above the nut and a second annular ring member comprised of a polymeric material received about the supporting member above the first annular ring member.~~
2. (Original) A reduced friction coupling as defined in claim 1, wherein the polymeric material is selected from the group consisting of nylon, molybdenum disulfide filled nylon, polyurethane, and polytetrafluoroethane.
3. (Currently Amended) A reduced friction coupling as defined in claim ~~1~~ 2, wherein the polymeric material can sustain a load of up to 10.000 pounds per square inch.
4. (Original) In a shoring apparatus including a shoring post for supporting a load and wherein the shoring post consists of a supporting member, a supported member received about an upper end portion of the supporting member, and a nut received about a threaded end portion of the supporting member below the supported member, a reduced friction coupling received about the supporting member between the nut and the

supported member for reducing the force required to retract the nut under load, comprising two or more polymeric washers.

5. (Original) The shoring apparatus as defined in claim 4, wherein the supporting member, the supported member, and the nut are comprised of different metals.

6. (Original) The shoring apparatus as defined in claim 4, wherein the polymeric material is selected from the group consisting of nylon, molybdenum disulfide filled nylon, polyurethane, and polytetrafluoroethane.

7. (Currently Amended) The shoring apparatus as defined in claim 46, wherein the load on the nut from the supported member is up to about 10,000 pounds per square inch.

8. (Original) The shoring apparatus as defined in claim 7, wherein the force required to retract the nut is reduced by between about sixty percent and about eighty percent from the force required if a single steel washer was used in place of the polymeric washers.

9. (Original) In a shoring apparatus including a shoring post for supporting a load and wherein the shoring post consists of a steel supporting member, an aluminum supported member received about an upper end portion of the supporting member, and a cast steel wing nut received about a threaded end portion of the supporting member below the supported member, a reduced friction coupling received about the supporting member between the nut and the supported member for reducing the force required to retract the nut under load, comprising two or more molybdenum disulphide filled nylon washers which reduce the force required to retract the nut under a load of up to about 10,000 pounds per square inch by between about sixty percent and about eighty percent from the force required if a single steel washer was used in place of the molybdenum disulphide filled nylon washers.

10. (New) A reduced friction coupling as defined in claim 1, wherein the polymeric material is Nylatron® and can sustain a load of up to 10,000 pounds per square inch.

11. (New) A method for reducing friction in a concrete shoring apparatus having a shoring post with a supporting member, a supported member received about an upper end portion of the supporting member, and a nut received about a threaded end portion of the supporting member below the supported member comprising the step of adding a plurality of polymeric washers between the nut and the supported member.